

MAY IS **BIKE MONTH** IN ROCKVILLE

Bike Tour of Hope Talk with Keith Bellizzi

Tuesday, May 2 • 7:30 p.m. FREE!

Montgomery County Executive Office
Building, Lobby Level Auditorium,
101 Monroe Street, Rockville

(Register on RockEnroll using course # 18915)

Keith, along with 23 other bike riders including
Lance Armstrong, rode from California to
Washington, D.C. spreading the message of Hope for
cancer survivorship. Hear the story of his journey.



Bike Repair 101

Thursday, May 4 • 7 p.m.

King Farm Club House

\$10 Rockville resident/\$15 non-resident

(Register on RockEnroll using course # 18912)

Learn how to perform routine bicycle repair and
maintenance. Topics will include how to adjust
the brakes, lubricate the chain and fix a flat. Bring
your bike and be prepared to get your hands dirty.
All tools will be provided.



Millennium Trail Fun Run/Walk/Bike

Saturday, May 6 • FREE!

Fallsgrove Club House, 400 Casey Lane

Experience the now complete 10.6-mile Rockville
Millennium Trail. Schedule of events:

- 8 a.m. Community Bike Ride (10.6 mile)
supported by Rockville Bike Advisory
Committee
- 8:20 a.m. Fun Run (10.6 mile) supported by
Montgomery County Road Runners
- 8:30 a.m. Step Up To Health Walk (1 to 4 mile)
supported by City of Rockville Dept.
of Recreation & Parks
- 10 a.m. Ribbon Cutting ceremony and
refreshments
- 10:30 a.m. Groundbreaking ceremony for
Pedestrian/Bike Bridge



C&O Canal Bike Series #4 Williamsport to Shepherdstown

Sunday, May 7 • 8 a.m. - 6 p.m.

\$34 Rockville resident/\$42 non-resident (Register
on RockEnroll using course # 18925)

This 26-mile segment of the historic C&O Canal is
the fourth ride in a series of seven-one-day trips.
Participants who complete all seven trips receive
a commemorative patch. Rides are scheduled
throughout the year through the City of Rockville
Recreation and Parks Dept. Cost includes leader
and transportation of you and your bike from
Rockville City Hall.

Bike Commuting 101

Wednesday, May 17 • 7:30 p.m. FREE!

REI Rockville, 1701 Rockville Pike

Don't get caught in traffic stress. Bike commuting
is inexpensive, easy and relaxing. The staff at
REI will show you how to get started. Discussion
includes tools, basic roadside repairs, safety tips,
how to find the best route, and clean up and attire
for your workday. Go to www.rei.com/stores/rockville for details or contact Rhonda Krafchin,
Outreach Specialist at 301-230-7670.



Bike to Work Day

Friday, May 19 • 7 - 9 a.m. FREE!

Two "Pit stops" in Rockville (Town
Center and Fallsgrove) and many
more throughout the area! Partici-
pants receive free T-shirts, prizes, refreshments
and a chance to win a bicycle! Register at www.waba.org. For more details www.rockvillemd.gov/recreation/bicycling



Ride for Rockville

Sunday, May 28 •

8 a.m. - 2 p.m.

(Register on RockEnroll using course #18936)

Two rides for all ages!

8 a.m. Family Fun Ride (10 mile)

8:30 a.m. Neighborhood Discovery Tour (25 mile)

Registration Fees:

Early (by May 10) \$25/Adult \$15/child

Pre-registration (by May 26) \$35/Adult \$25/child

Day of Ride (May 28) \$45/Adult \$30/child



Bike Raffle

Drawing May 29

Enter to win a new TREK bike donated by Trek and
Revolution Cycles, hydration pack donated by REI,
gift certificates and more. Tickets sold during May
only. \$5 per ticket, 6 for \$20. All proceeds benefit
Rockville's Bicycle Safety Program and Youth Recre-
ation Fund. To purchase tickets, call 240-314-8627.



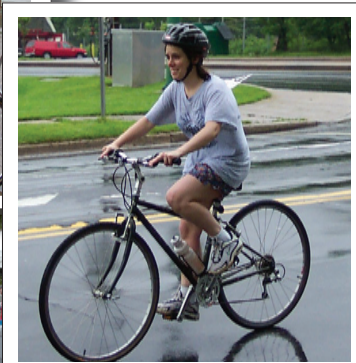
Bicycle and Pedestrian Safety Program

On-going in Rockville Schools

Each year more than 3,000 children in Rockville
receive bicycle and pedestrian safety training in their
school. This unique program was developed by the
City of Rockville as a pilot program and is now being
used as a model throughout Maryland, DC and
Virginia. Rockville is fully committed to increasing
the safety of bicyclists and pedestrians. For more
information on this program call 240-314-8529.



Bike Month activities are sponsored by
the City of Rockville • Rockville Bike
Advisory Committee • REI Rockville •
Revolution Cycles



For more information on Bike Month Activities call 240-314-8620 or register on-line at www.rockvillemd.gov (click-on RockEnroll)
City of Rockville • Department of Recreation and Parks